
The CARNIVAL Special *Harvest*

JAN
87

YOU CAN MAKE A DIFFERENCE

by Chantale Foulds and people?
Daniel Poyser

Have you ever been to a party where several of the people there were majoring in computers, marketing, and business, etc. When it is your turn to explain your interests: agriculture; you get a mixed reaction of blank faces, corner smiles, and puzzled looks.

Why is a career in agriculture seen in such a negative light by some

These days and in one of the basics of this part of the world, where most people live in cities, and get their food from supermarkets, "How and where did this produce get to them?" is one of the furthest questions from their mind. Agriculture is not seen as a glorious occupation, like medicine or law, etc.

We should be proud of our agricultural interests. What is a career in agriculture?

We are dealing with life: food, that is pretty important! At school we learn in a few years much of what has been learned, observed, and discovered over the last centuries. Upon this accumulated knowledge we hope a balance can be found in our systems of production, not just focussing on quantity but quality. Such positive steps are being taken by several small research and independent organiza-

tions: Rodale Research Center, New Alchemy Institute, and Windstar Projects...just to name a few. They are contributing to a forward and positive movement in agriculture that we too can be part of. But we have to decide what things need to be changed, we can have a vision, and we can do something to better this world just a bit.



**HARVEY
IS ON
HIS WAY!**

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ingredients

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?-THE QUESTION MARK-?

THE VALUE OF THE
"LEARNING EXPERIENCE"

by Lisa Schmidt

Well now, you have taken the required ninety credits to get an undergraduate degree in the field of your choice. You've sat through what seems like light years of lectures, plowed through assignments, attacked and conquered labs and finally, taken on thirty pages final exams. Chances are, you remember your student number and the bad taste the cafeteria food left in your mouth better than a lot of the stuff you had to sit down and memorize on the eve of the exam. Many third year students, in reflecting on the program they have studied, question how many of those things they "learned" are still entangled within the little grey cells.

Unless the program you are in emphasizes massive amounts of labs with techniques and practical applications, it's likely the theoretical information doesn't stay with

you in any details for very long. Why learn all this stuff when you know it will be soon forgotten? Perhaps, the mistake we are making is assuming that knowledge and intelligence can solely be evaluated on the basis of how many facts we know, comparing ourselves to others to determine how smart we are. This seems to be, in my opinion, a very limited definition of education. In the period of time students are in university, so many things are happening in their personal lives. Many of us leave home for the first time, are involved in intimate relationships, take on part-time jobs and are faced with responsibilities that other people took care of for us in the past. These kinds of situations are providing us with life experience and are just as much part of our education as academia provides us with. Fitting an academic schedule into this with all its associated pressures and stresses teaches us so much more

than facts; it teaches adaptability, flexibility, how to face conflicts, make priorities, budget time. It also teaches us how to learn, to read, to be critical, how to go about understanding new ideas and solving problems by being realistic about our strengths and weaknesses. The true value of an education is in what we can use to face new and different situations that present themselves as we travel through time, in addition to creating an excitement, a hunger to learn more. It becomes not what we learn that is important, but how we have enriched ourselves with self-knowledge and confidence that really matters. This is not to say that the product we are creating ourselves through a university education is not of monetary value but simply an acknowledgement of the other, perhaps more important aspects that stand the ultimate test of time. We can also acknowledge how many things we have learned and now take for granted

because we are been able to progress to the higher levels of courses. Additionally, the value of our learning experience can only truly be assessed by our own standards and the ability we have to fulfill our individual needs. Whether the value is placed simply on the achievement of following through on a three years commitment to school regardless of GPA or is specifically on learning as much as possible on a certain topic, it is how we feel about our achievement that gives it value.

In conclusion, we have the right to value these not so apparent riches that go along with the courses and evenings spent at home with the textbook. We can also learn to understand our interests and motivations by taking the focus off of school as a place to learn things and seeing that learning is a process that involves our entire lives not just the cumulative hours sitting in R2-045. The value of the learning experience is individual and special. Isn't it about time we stop giving schools all the credit for teaching us when we are essentially teaching ourselves?

BOOK NOTES

THE GUINNESS BOOK OF RECORDS

by Mike Boyle

The Guinness Book of Records is probably one of the most fascinating collections of information that exists today. I purchased a copy of the 1987 version as a Christmas gift but before I wrapped it I spent a few hours flipping through its 300 pages of text.

There is something in this book for everybody as it contains records concerning subjects ranging from aircrafts to yodelling. Many of these records serve no great purpose nor do they have any great importance to the survival of mankind, but they all have great meaning to the people

involved in their establishment.

The Guinness Book of Records was first published in 1955 in London, England. It is now available in 261 languages and, by 1986, global sales had reached more than 53,000,000 copies, which is equivalent to 118 stacks each as high as Mount Everest. The Guinness Book of Records is truly an extraordinary publication. See the following samples of records and facts appearing in the book:

-LARGEST TUMOUR: In 1905 an ovarian cyst (a closed, fluid filled membranous sac associated with the ovary) was removed from a woman in Texas, U.S.A. The cyst weighed 328 pounds or 148.7kg !!

-GREATEST WEIGHT

GAIN: In October 1981, Jon Minnoch of Seattle, U.S.A. gained 200 pounds (91kg) in 7 days !!

-LONGEST FALL

WITHOUT A PARACHUTE: BRITISH RECORD: On March 23, 1944, Sergeant Nicholas Alkemade jumped from a burning Royal Air Force bomber at 18,000 feet (5485 m.). His fall was broken by a fir tree and he landed in a snowbank 18 inches (45cm.) deep and didn't even suffer a broken bone !!

WORLD RECORD: On January 26, 1972 a DC-9 blew up over Czechoslovakia. Vesna Vulovic, a 22 year old stewardess on the plane, plunged to the hearth. She survived the fall and spent 16 months in hospital

recovering. This is truly amazing since the plane blew up at 33,330 feet (10,160m.) !!

-LARGEST FARM:

A pioneer farm owned by Laucidio Coelho in Brazil in 1901 was 2,150,000 acres in size. Mr. Coelho had 250,000 heads of cattle at the time of his death in 1975.

-HIGHEST PRICED

BULL: D.C. Basalo, a Californian, sold a beefalo (a 3/8 charolais, 3/8 bison, 1/4 Hereford) to Beefalo Cattle Co. of Calgary, Alberta for a whopping \$2,500,000 on September 9, 1974.

The list goes on and on !

EDITORIAL

SO , YOU THINK

YOU'RE IN SCIENCE !!

by Francois Blain

A few years ago, a scientific tidal wave called the microchip hit our shores . Everybody started talking about computers ; architects designed houses completely controlled by computers, video games became a big hit at toy stores and engineers lost the faculty of mental calculation . Now that we've regained our senses, we can see that although the microchip solved a lot of problems, it didn't solve all of them .

But wait, don't despair, there's still

some hopes ! When the microchip lost some of its hypnotic effect on our brains, scientists had to turn to something else to generate some renewed hope . So, they again opted for something which could easily stir the imagination . By now, you've probably guessed that I'm referring to biotechnology .

Ah yes, for the title of biotechnology ! It all seems so simple : you just feed the nitrogen-fixing gene to a bacteria, which then spits it out in a corn nucleus and presto ! you get nitrogen-fixing corn that simple . As a matter of fact it's so complex

that I've heard a biotechnologist admit that nitrogen fixing corn might well be obtained through conventional breeding before it's created by biotechnological means .

That's why I was expecting the worst; last semester, when 3 scientists came to give seminars as candidates for the title of biotechnologist in the Plant Science department seminars but it was enough for me to understand what the above mentioned biotechnologist meant by complex . And I thought research papers were sometimes difficult to understand !

I felt like a caveman trying to understand the principles of astrophysics . And when the question period came around it was easy to see who in the audience was knowledgeable as their questions seemed as complex as the seminars themselves .

Don't get me wrong, I'm sure that these 3 scientists are excellent researchers, but listening to them makes you feel like your B.Sc. in agriculture is worthless.

Oh well ! Maybe some day, they'll transfer the gene for biotechnological comprehension into ordinary people like us .

From The Social Editors

by the members of the D.D.I.

Did those constantly changing trends of 1986 leave you confused about what isn't socially acceptable at MAC ? Well now you can rest easy because the D.D.I. Masters of Style have made their long-awaited predictions of What's Hot and What's Not for 1987 .

HOT

-Ralph Lauren workwear
-house parties

-missing 9:00 classes

-calling Mrs. Brown "Jean"

-Saab 900 turbos

-pink livingrooms

-calling on your friends

long-distance from the

neighbors apartment

-The Far Side and Mr.

Buffo

-body surfing

-shopping at the

Laundromat

-anything purple, green

and/or orange

-The Brass

-Giorgio Armani

lumberjack jackets

-Cybil Sheperd, Eddie Murphy, Tom Cruise and the Bangles

-being seen in the computer lab between 11:00pm and 7:00am

-Smurfing and/or Flinstoning

-head butting

NOT

-referendums

-8:00 classes

-calling Dr. R.B. "Rog"

-Ladas

-shaking up with your

wench

-paying to see the

Alouettes(or just plain seeing the Alouettes, period)

-Bloom County and Doonesbury

-WWF

-grey, blue, black and red, especially black

-Cheech and Chong, especially Cheech

-at the Film Box -

"Coming soon : Top Gun

-McGill jackets at MAC

-JAC's in the Deep End

-being seen in the

computer lab between

9:00am and 5:00pm

-canned food without

labels

-Frying Pan

-Clams

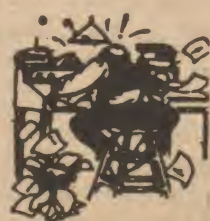
Heads...



IT WAS APPARENT TO EVERYONE THAT JIM WAS LYING ABOUT HIS WOODWORKING SKILLS WHEN HE ACCIDENTLY SEVERED HIS HEAD WITH A LATHE.

Graphic / Imprint

staffbox



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AH NON, PAS ENCORE!

Mes bien chers amis , bonjour . J'aimerais profiter de ce nouvel an ainsi que de plusieurs petites filles , pour vous souhaiter à tous et chacun une année prospère emplie de joie et de Ban ultra-sec non-parfumé . Vous savez , dans la vie , on peut faire des choses qu'on aime et on peut aimer des choses qu'on fait même si on es fait . Ca nous empêche pas de mettre du ketchup sur notre pâté chinois . Depuis que je me suis intégré à mon environnement carcéral , plusieurs des prisonniers m'ont écrit des lettres afin que je réponde à leurs différentes questions plus angoissantes les unes que les autres . C'est donc dans le noble but d'aider mon prochain , qu'il soit violeur ou voleur , cruel voire même larve de morpion que je répondrai du mieux de mes capacités psycho-pathétiques à ce courrier du coeur de ces déchets de l'humanité .

La première lettre nous vient de George "Comet Harley" St-Onge .

" Cher Louis , je sais qu'en tant que personne cultivée comme toé , t'es assez intelligent pis sensible pour répondre à mon malheur dans la discrétion . Té un gars qu'on peut truster , pareil comme une crow-barre qu'on effouare en pleine face d'un toton . Cossé qui est arrivé cé que quand j'tais dehors , j'avais une femme qui s'appelait Jacynthe pis tout allait ben , t'sé , pis là , un moment donné est partie avec une autre femme , qui elle était ma maîtresse , pour vivre son lesbianisme qu'a m'a dit . Quand j'ai su ça , j'ai fait ce que toute personne normale aurait fait dans c'temps-là , j'ai sorti ma "30-30" pis j'ai descendu mon concierge en pleine face . Heille , c'tait cool en crise . L'affaire cé que ché cé quoi mon problème mais ché pas quoi faire . Tu peux-tu m'aider en toute amitié ou va-tu falloir que j'sorte ma "30-30" ? "

" Cher "Comet Harley" , tu peux serrer ta "30-30" Mon Oncle Louis va t'aider . Selon des recherches scientifiques très poussées , les chances qu'une femme devienne lesbienne à cause du manque de performances , mieux connues sous le nom de contre-performances sexuelles du mâle , sont d'approximativement .000000074 % . Si on tient compte du fait que tu as réussi l'exploit avec deux spécimens très distincts , il a fallu que tu sois carrément incompetent au lit . Je te conseille fortement d'arrêter de fréquenter des femmes et ce pour le bien-être de l'humanité . Il existe plusieurs sectes religieuses qui encouragent cette sorte d'infirmité ridicule , tels les Krishnas ou la prison par exemple . Histoire de te remonter le moral , tu peux toujours te dire que tu as sûrement battu un record sans précédent , pauvre épaïs .

La seconde lettre nous est écrite par un certain Charlie "unleaded gas" Chiendan .

" Salut Louis "Pork Chop" Lavue , pis félicitations pour ton émission (j'ai toujours rêvé dire ça) , cé pas mal au boutte pis j'trouve qu'on avait besoin de ça nous autres les prisonniers pour se défouler l'esprit . Tapper sur les gardiens ça défoule aussi , mais cé plus physique que mental tsé j'veux dire ? M'as te dire moé cé quoi mon problème . J'me promenais sur la rue avec mon bike dans un sens unique en essayant d'éviter les chars qui s'en venaient dans l'autre direction tsé , pis là en voyant un chat mort écrasé dans la rue en état de décomposition , ça m'a donné faim , pis vu qu'il était à peu près 4 heures du matin ben j'ai décidé d'aller déjeuner , les meurtres d'la nuit m'avaient creusé l'appétit tsé . Ça fait que là chus rentré dans un restaurant 24h. avec mon bike , mais j'me suis essuyé les pieds , chus pas un astie d'sal moé . Pis là au bout d'une demi heure la serveuse est sortie d'en arrière du comptoir , pis j'ai commandé 2 oeufs pis une pinte d'huile , il m'en restait presque plus dans les cheveux . Après avoir mangé j'ai rôté pis j'ai violé la serveuse pis là pour digérer j'y ai demandé qu'a me lise une revue qui traînait sur le comptoir . En lisant ça , elle a fini par me dire que des oeufs c'étaient des ovulations de poule , c'tu assez écoeurant à ton goût ça , des ovulations , en tout cas , ça m'a assez écoeuré que j'ai pris d'la dynamite pis j'ai fait sauter mon concierge en pleine face . Toé qui sait tout , c'tu vrai ça que des oeufs cé des ovulations de poule ? J'te mens pas , depuis ce temps-là j'ai pas touché à un oeuf . "

" Cher Charlie "unleaded gas" Chiendan , crois-moi je suis conscient de ton problème et comprend fort bien ta situation . J'ai moi-même ressenti tout un cho lorsque j'ai appris cette foudroyante nouvelle , et j'ai réagi similairement en boudant seul dans ma chambre pendant au moins une heure . C'est malheureusement la vérité mon Charlie , aussi difficile à accepter soit-elle . Mais savais-tu que le boud in était du sang de cochon , des saucisses ni plus ni moins que des intestins de cochon . Quand tu manges du jambon , tu manges ses fesses , des huîtres c'est d'la morve d'espadon , du fromage râpé c'est des dessous de pieds Mexicains qu'on gratte en fin de journée pour en préserver toute la saveur . C'est pas tout , des mets chinois c'est de la chair de chat cuit dans son propre vômmit . Je pourrais continuer à te déguster mais ça suffit pour l'instant, je te laisse deviner le reste . A défaut d'autres choses tu peux toujours manger une volée . "

Amicalement , "Pork Chop" Lavue .

Cette autre lettre nous parvient de Maurice "Shit Brain" Sansoucis Junior .

" Moé mon "Pork Chop" chus un gars pas mal bollé . La science ça me fait tripper . Chus un peu chimiste , dans le sens que je joue souvent avec de l'acide . Chus aussi botaniste parce que je cultive des herbes de toutes sortes . En plus j'écoute souvent l'émission scientifique "Les satellites P-O-P-EX" . Une fois j'ai entendu dire que les rice-crippies y contenaient du crac pis que le crac ça pétait les cellules d'la cervelle ou quelquechose du genre , ben moé j'essaye le même genre d'expérience sur ma propre cellule tsé pis demain j'vas mettre le feu dans mes douze boîtes de céréales que j'ai réussi à ca-cher dans mon tuyau de lavabo. Selon mes théories , ça devrait être cool en viarge . Mais moé là l'affaire que j'voudrais savoir cé pourquoi on met la vitesse du vent sur les pancartes dans les rues , ça sert-tu vraiment à quelquechose ? "

" Mon pauvre "Shit Brain" , laisse-moi te dire que t'es pas le seul dans ton cas , pire que ça y en a même qui pensent que ça sert à contrôler le trafic ou quoi encore . En fait , ça définit la vitesse maximale du vent . C'est grâce à cette invention qu'il n'y a pas de tornades d'ailleurs au Québec , le vent n'a pas le droit de dépasser 100km/h sur la grande route et 50km/h en ville , c'est loin d'une tornade ça laisse-moi te dire . Il faut se compter chanceux d'avoir des règlements aussi sévères . Le manque de sévérité en Floride par exemple fait en sorte qu'ils sont souvent aux prises avec des cataclysmes du genre là-bas . "

Toujours afin de mieux communiquer avec la population carcérale, j'ai distribuer le sondage suivant, sondage qui va sûrement nous aider à remplir des espaces libres .

Pourquoi avez-vous été incarcéré ?

- a) Par injustice (57%)
- b) Par un policier (34%)
- c) Parce que j'ai commis un crime et je dois payer (0%)
- d) J'ai tué mon concierge en pleine face (2%)
- e) J'ai tué quelqu'un en état d'ébriété au volant (0%)
- f) Parce que je me suis fait pogner (7%)

Qui est la personne en qui vous avez le plus confiance ?

- a) Ma maman (32%)
- b) Sa maman (11%)
- c) Mon avocat qui est parti avec ma femme et les 30000\$ que je lui ai donné pour me défendre (24%)
- d) Georgette Bigras (1%)
- e) Nathalie Simard (12%)
- f) Mr. Submarine (20%)

Buvez-vous du café décaféiné ?

- a) Oui (46%)
- b) Parfois (12%)
- c) Non (14%)
- d) Ne comprend pas la question (23%)
- e) J'ai décidé d'arrêter de boire (4%)
- f) Est-ce que la cocaïne est une sorte de café décaféiné ? (1%)

Si vous pouviez changer une chose , que changeriez-vous ?

- a) Les barreaux de ma cellule (57%)
- b) Mon avocat (24%)
- c) Mes petites culottes (12%)
- d) Le code pédale (3%)
- e) Changer de cellule (4%)

Quel est votre animal préféré ?

- a) Le rat (30%)
- b) Le renard (20%)
- c) Mes parents (20%)
- d) La sauterelle à dos lisse de Malaisie (1%)
- e) Le cancer du sein (2%)
- f) Un Berger Allemand (27%)

Complétez la phrase suivante : Rien ne sert de courir ...

- a) ... la police finit toujours par te pogner (67%)
- b) ... quand tu peux prendre ton char (10%)
- c) ... quand tu sais que t'as pas de jambes (1%)
- d) ... va donc chier ! (2%)
- e) ... quand ton concierge reste chez eux (9%)
- f) ... il faut toujours partir au joint (1%)

Qui vous manque-t-il le plus depuis que vous êtes en prison ?

- a) Mon avocat (24%)
- b) Mon concierge (12%)
- c) L'hétérosexualité (23%)
- d) La femme de mon voisin (1%)
- e) Ma 30/30 (2%)
- f) La banque (38%)

Si donc je me fie à ce petit sondage, je m'aperçois très vite que le prisonnier moyen des années '80 est une personne qui a très confiance en sa maman à cause de l'injustice de boire du café décaféiné . La police finit toujours par pogner les barreaux de cellule malgré que la banque de rats du concierge va donc chier . Un autre parfait exemple du destin qui pue ? Sait-on jamais . Philosophiquement vôtre, Pork Chop .

by Craig Fawcett

The events are as follow :

Traditionally, the Woodsman Bash is the biggest and wildest party of the year and we hope everyone will participate.

Traditionally, the Woodsman Bash is the biggest and wildest party of the year and we hope everyone will participate .

Yeah!
let's all go
and get
drunk!...



KARNIVAL
KICK OFF:
XXXXXXXXXXXXXXXXXXXX
THURSDAY

EVENING: B.B.Q.
IN FRONT
OF C.C.
WILD PARTY
WITH YOUR DEEP END
SHOW-LOONEY GONG
SPECIAL GUESTS
THE SPOONS

FRIDAY AFTER NOON:
SATURDAZE
THE GREAT WOODSMEN
COMPETITION
AND PARTY
TRICYCLE RACES
BROOMBALL TOURNIE

SOCCER TOURNIE
BEER TENT *
SLEIGH RIDES
OUTDOOR SKATING
FERRIS WHEEL
HOT BUTTERED
RUMS *

TUESDAY
SKIDAY

WEDNES.
POOL TOURNIE

THURSDAY
TROPICS (HOT!)
PARTY

EVENING
INN
Glenfinnen Rink
Bash featuring
TEACHERS VS.
BROOMBALL Champions
(licensed of course!)

ETC.
PHOTO CONTEST...
ICE SCULPTURES...
GOOD TIMES.

POOL TOURNAMENT

by Craig Fawcett

During the carnival rules .
this year, an Eight ball tournament will be held on Wednesday, January 28th . It will be scheduled to begin at 7:00pm sharp . If enough people register then both campus tables will be used (the one in Harrison House and the one in Laird Hall) . The games will be scheduled at 15 minutes intervals with elimination after loosing one match . Elimination matches consist of one game, and the finals and semi-finals will be best 2 out of 3 .
Game rules will be posted before play begins and it will be the requirements of each contestant to familiarize him or herself with those

WEDNES...

An entrance fee of one dollar will be charged to cover the cost of the prizes which will probably be a tab at the Deep End .
If a competitor loses the first round, then he may buy himself back into the second round for an additional entrance fee of 5 dollars
Competitors may sign up at the list at the H.H. desk before 6:00pm on Monday January 26th . Entrants are only permitted to register once for any particular round .
If you have any questions, then feel free to contact Craig Fawcett at 457-9362 .
Chalk up those cues and enjoy the Carnival .

THURSDAY

TROPICAL BEACH PARTY

by Isabelle Jacob and Craig Fawcett
Mark your calendars for January 29th and then put the top down and hussel over to the Ballroom for the Annual Tropical Beach Party . This will be the event to cap off the 1987 Winter Carnival .
This will be your chance to dream of warmer climates and island paradises . So come out and enjoy the sunny atmosphere and dance the night away, enjoy your favorite brew and Coladas .

This year, the event is being organized by the Laird Hall House Committee . We are hoping that some of you out there will be interested and able to help complete our decoration dreams and a list will be made available for those who would like to sign up .
If past participation is of any indicator, then this year should be the best ever and we hope that everyone's participation this year will make it that .
Until then ALOHA! and keep warm .

HEY YOU!

(YEAH YOU)

by Elizabeth Mansfield
President

So...what has your Students' Council been doing for you, a Macdonald student, and as such, part of the Macdonald College Students' Society? Maybe, you are thinking, NOT MUCH- and this may be true, depending on what you expect or are interested in. To begin, let us accept that the extent on the Students' Council's involvement in student life is as diversified as the students themselves and therefore cannot concentrate its activities on any specific interest (i.e. all social, all academic, etc.), but must necessarily spread itself to try and be all things to all students.

The mandate of the Students' Council begins on June 1 so that 1986-87 council executive were very busy over the summer months involved in the prospective move of the Students' Society from the Centennial Centre to Harrison House. There was a great deal of work to be done so that the move could be completed by September 1 and the beginning of a new academic year. Despite the fact that several of the council executive were around during the summer, attending meetings with the university administration etc. and attempting to make decisions and solve problems with the move, the Students' Society permanent employees found themselves during the last week of August fighting for space in Harrison House with the painters, electricians, plumbers etc. who were still finishing off the necessary renovations. The labour Day weekend was spent in washing floors, moving furniture

etc. by the council members and permanent staff, to be all ready for students on the first day of school.

There are still many things in Harrison House to be finished but hopefully this semester will see it all settled and students enjoying the pleasant environment.

The last week of August saw us working to plan for Orientation which is primarily a program of events intended to introduce new students to our campus. The Barbecue and other events proved to be very popular and we hope were enjoyed by the Uls and others who participated.

The beginning of the year is also a period of looking for students to participate on the many academic committees on this campus and the downtown campus. It is very important that students are represented on these committees as their input is necessary; however, finding people willing is not so easy.

The start of the semester is also a busy time for council since the various clubs and organizations on campus are planning the activities they want to have, and look to council for assistance in various ways-financial, planning, etc. It may appear that the activities mainly revolve around the social aspect but council is always open to requests from groups who wish to concentrate on the more serious side. Assistance takes many forms from booking rooms for meetings in Harrison House, using the services of the office staff for duplicating, photocopying, poster-making, use of typewriter etc. to financial aid, where necessary (REAP conference for example).

There are approxima-

tively twenty active clubs and organizations associated with the Students' Council which council is anxious to encourage to become involved in a variety of pursuits, since these are usually beneficial to the student body, and to this end is trying to assist them in their needs. This past semester has seen the beginning of the Agric. Engineering Coop in the basement of Harrison House and also the start-up of the Cafe L'Entre-cours which is proving to be so popular; also the continuation of such activities as Oktoberfest, Hallowe'en. Also continuing is the HARVEST newspaper, the staff of which are doing such a good job.

Government policy toward universities in Quebec today stands at a crossroads. Students are faced with a dilemma- is the cost of high quality university teaching and research worth paying for, and can we as students afford this goal of excellence in higher education?

To judge by the cuts in real funding on the past few years, it seems that excellence in our universities may not be a priority for those responsible for making public policy. Yet the costs of not pursuing excellence in our higher educational system will eventually become hurtful to our economic and cultural aspirations. Scientific research in Quebec will stagnate, contributions of university teaching and research to Quebec culture and fine arts will decline and the tendency for students to go elsewhere for their education will become apparent.

As a member of RAEU, Macdonald College Students' Society supported their slogan of "studies, fact)!"

excellence, jobs". Although RAEU as a group wanted a freeze on tuition fees, the members also opted for "dialogue" and "pragmatic pressure tactics".

This RAEU majority was totally averse to strike tactics contrary to ANEQ (Assn Nat. des Etud. du Quebec). ANEQ student leaders were boasting in early November that they had succeeded in reviving the traditional fighting spirit of the student movement of the 1960s "a radical and efficient activism" that played a large role in Quebec's Quiet Revolution.

The obsession of today's student movement is more of a protest against the obsolescence of our course of studies, lack of evaluation of professors and more importantly, bureaucratic inefficiency in university administration.

As of December 1986, RAEU folded and has now become obsolete. In its place the "Coalition" is forming - being made up of many former RAEU members. The mandate of the Coalition is as for RAEU, the need for restoration of university funding to a level consistent with high standards for research and teaching, more input from business representatives and the professions on their program committees and for better links with the job market.

The Macdonald College Students' Council urges all students to give their comments; we can only do so much - come and tell us if you feel that we are missing out on something.

We are your representatives but it is part of your responsibility to keep us informed of your needs (instead of just bitching at us after the fact)!

MAC ROYAL 87

The Harvest 9

JUDGING COMPETITION TO GO IN 87.

by Kelly Allen
chairman of Macdonald College Intercollegiate Judging Competition.

The ninth annual Macdonald College Intercollegiate Judging Competition will take place this year even without the old show ring facilities. The invitational competition will be held in the New Dairy Complex and is slated to take place on Saturday, February 7, 1987 as part of College Royal '87. Teams have been invited from agricultural colleges and universities in Ontario, Quebec, the Maritimes and the New England states. They will compete in friendly competition, judging classes that range from dairy cattle to potatoes and from horses to an always popular mystery class. Twelve classes in all will be judged; competitors will have to justify their first four choices by preparing a set of reasons. For some classes an agricultural quiz will also be written, testing competitors knowledge in many

general areas. Hours of preparation are often required before teams make the trek to Macdonald for the annual event.

Some teams arrive on Friday the 6th of Feb., while the remainder arrive the morning of the 7th to start judging at 8:00am that morning. Judging will end at 12:30 and competitors will receive the results and their award that evening at the Royal Banquet. Fifteen teams are anticipated for this year's events.

Billeting will be offered to teams who request it. If you have space to spare that weekend (extra beds, couches, sofas, floor spaces,...) please let Janice McLeon know by calling 457-6572.

Let's welcome these representatives from other schools warmly, please treat them royally. Also don't be afraid to stop by the barn that morning to see what it's all about. Some extra bodies will also desperately be needed on that morning, so please lend a helping hand by calling Kelly Allen at 457-5752 for more info.

"THE EVENT ONE MUST KEEP IN MIND"

by Benoît Deschamps,
1987 Livestock Show Chairman

Hi there!

Did you happen to notice the new beige and blue building with its large chimney-like structures, on the other side of the 2-20? These are not to make Santa Claus' job easier!

If you ask Rudi Dallenbach, he will tell you that this is the most modern Cattle Research and Teaching Complex that has ever existed.

"So what?" you may say.

Everyone has to be aware that he or she has the privilege to be among the first to work with animals in these new facilities. Through the Macdonald College Royal, which will be held February 6, 7 and 8th, any student and staff member will have the opportunity to prepare an animal. You will have the possibility to choose

either a cow, heifer, beef, sheep or pig. Clinics on animal preparation will be given to show you this fine art.

Animals will be judged in different classes; beginners won't have to compete against old timers. The judging will be done Friday the 6th, first day of the Official Opening of the Complex, in the late afternoon. The trophies will be awarded at the banquet, Saturday night. Let's take the advantage of having such a nice farm facilities so close to the College. Watch for the sign-up sheet which will be on the large table in the MS-Foyer, from January 13th to 21st. You can choose the animal you prefer, just sign the appropriate list.

One does not need to have been raised in a pen next to the calves to know how to do it and participate; look around, many have never even tried!

The best way to learn is to do it. After all, we are here to learn aren't we?

C.F.S.E.A.

BE MEMBER OF C.F.S.E.A.
(Canadian Food Service Executive Association)

by Sylvie Renaud

The C.F.S.E.A. junior branch at Macdonald College welcomes you to the new year 1987. For those of you who are unfamiliar with our association, here are a few statements from some of the executive members:

ELISE BEAUSOLEIL
(President):

"Unique experience! The association helps me to achieve my objectives, and to get closer to my

major. I would recommend it to anyone in Dietetics or food related areas..."

CHANTAL BEAULIEU
(Vice-President
Programmation):

"I am very proud to be part of it, it is like a big family throughout Canada..."

BEATRICE MARTIN
(Public Relation):

"It is the best way for a student to learn how to manage his or her time. It gives also the chance to express the team spirit which, unfortunately, is being slowly replaced by the indivi-

dualism of the 1980's..."

SYLVIE RENAUD
(Newsmac Responsible):

"For me, it is a mean to get involved with the extracurricular activities, it helps also to make contacts with industries, and be always one step ahead..."

SUZANA VIDANOVIC
(Album Responsible):

"C.F.S.E.A. has provided me with an excellent opportunity to see first hand how dietetics can fit in the food industry. I would encourage everybody to join the association because it gives one a chance to

experience all facets of the industry..."

CATHERINE MONGEAU
(Membership Responsible):

"Being an executive member helped me to open new horizons for my career. I realized that after my studies I can work in places where I never even though I could..."

FOR MORE INFO CHECK THE C.F.S.E.A. BULLETIN BOARD OR CONTACT ANY EXECUTIVE MEMBER.

UPCOMING EVENTS:

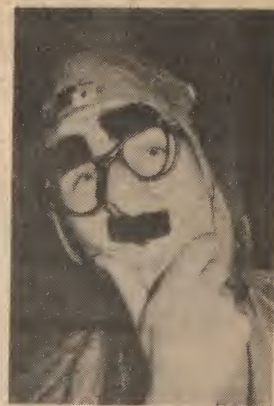
BIG EVENT ON FEBRUARY 2nd: THE DIETETICS UP FRONT...

(detailed schedule will appear on the C.F.S.E.A. board)



HARVEY

THE EXTRA CURRICULAR



Photos : Patrice Godin
Script : Harvest team

Thanks to all !

Comedians : Brigitte Laliberté
Francois Blain
Denis Frenette + all the rest (in peace)
Francois Richard

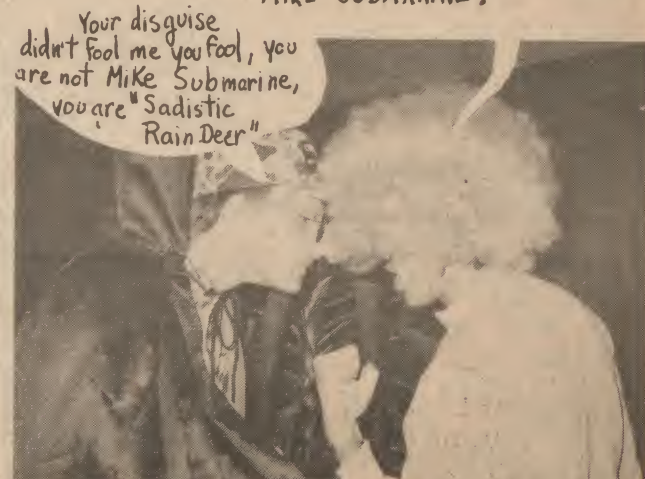
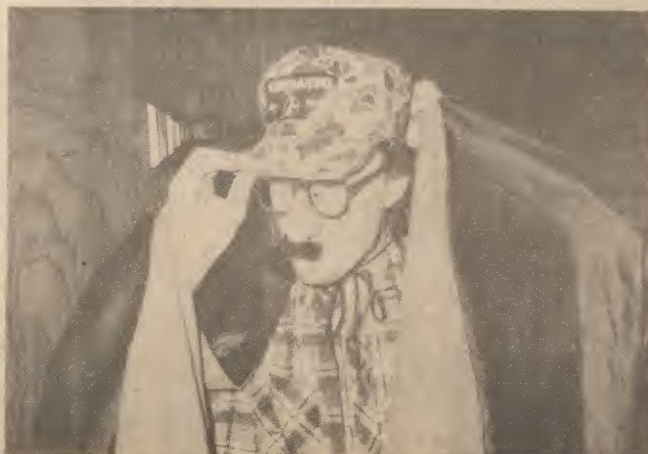
Harvey is back this month
and must deal with our criminal.

"Knowing there was a fight in sight,
I immediately changed into my
combat outfit"

OF COURSE ME HERE,
WHO DID YOU EXPECT,
MIKE SUBMARINE?



YOU
HERE!!



Your disguise
didn't fool me you fool, you
are not Mike Submarine,
you are "Sadistic
Rain Deer"

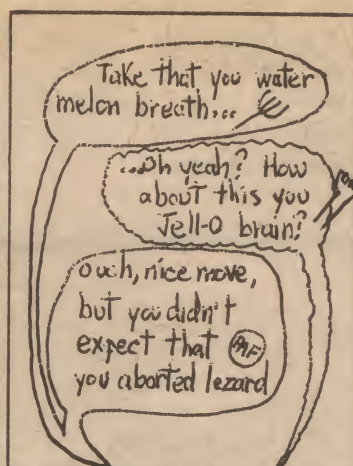
BUT WHY ?
WHY STEAL INNOCENT
PEOPLE'S SOCKS, DO YOU
STILL RAISE GIANT
CATERPILLARS TO
CONQUER THE
WORLD?

I've outgrown stupid
ideas like this. The
fact is I'm stealing
those socks to be
powerfull, as I'm
planning to make money
at the sock exchange
... but it's a secret.

"OF course, now that
you've cunningly
tricked me into re-
vealing my secret,
I HAVE TO ELIMINATE
YOU!"

A tremendous fight took
place, and in order to a-
void causing any dis-
comfort on the part
of the reader, we
censored this sequen-
ce.

Finally, after 2 hours
of struggling, the
conquest was confirmed.



Take that you water
melon breath...

...oh yeah? How
about this you
Tall-o brain?

ouch, nice move,
but you didn't
expect that (the)
you aborted lezard



CHECK
MATE!

LUCKY SHOT!
How did you do it?

Easy! My Krutchev
opening won
the game.



Now that I've
got him, I'll fly
him to the near-
est prison.

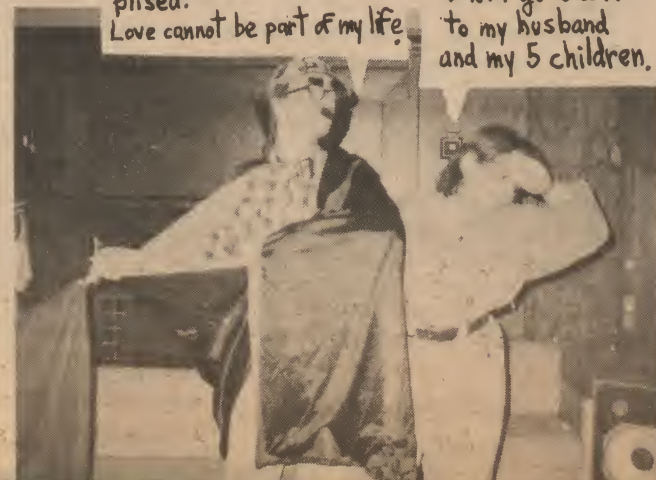
My
HERO!

As you can see Kids, good always win
over bad, even if sometimes life
leaves you with a little sadness in your heart.

I'm sorry two-eyed girl,
I must go and save the
world, it's my destiny
and it must be accom-
plished.
Love cannot be part of my life.

Snif!!
So long then...
I will go back
to my husband
and my 5 children.

I call it
beginner's luck!



AGRICULTURE NEEDS REGENERATION

by R. Samson and G. Bridger.

One only has to look at the size of the crowds at the Deep End, Harrison House or in classes to realize that enrollment is down. Enrollment is up downtown, but not here; Mac is getting pulled down by a rapidly declining sector of our economy known as agriculture and getting ready for the big flush. But we're not alone, all of society is in on this one.

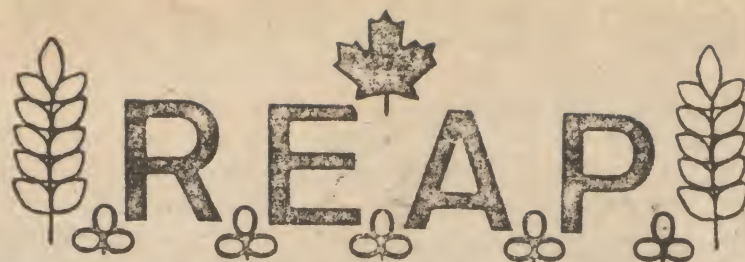
Several questions arise: Who or what is pulling down the handle and setting the bowl in motion? Is the bowl becoming too full and in danger of spilling over? More seriously, are price support policies by the EEC and now the US creating massive surpluses and lowering farm incomes in Canada due to poor grain prices? You bet they are. Subsidies create surpluses because agricultural inputs become more economical when price supports are around and higher yields result. So both their bowls are overflowing on to the world grain market due to artificially created production levels. Quebec has been guilty of this one too, with subsidies that are almost twice that of world grain prices, the result being that farmers have been growing more grain corn as opposed to employing the more traditional forage/livestock based farming system here.

Now the bowl is getting dirtier as well. With more subsidized cash grain production, erosion, fertilizers, herbicides and insecticides allow producers to become more self-reliant. Today's spend-a-holic farmer could then lower expenses and improve profits by improving his manure or forage management system and develop more of a regenerative farming approach by using cover crops and crop rotation once again.

Research is needed to support this in finding better ways to use on farm resources and also on using purchased outside inputs more efficiently instead of the shotgun approach to crop production that is all too often still finding too many research dollars.

Perhaps a sound agriculture industry will be most dependent on the new young agriculturalists going back to the farm where their examples as a good farmer in the community may just be what agriculture really needs today.

We must first develop some type of government assistance programs that have a light at the end of the tunnel to this subsidy business. It may mean aiding farmers to develop more efficient farming practices that allow producers to become more self-reliant. Today's spend-a-holic farmer could then lower expenses and improve profits by improving his manure or forage management system and develop more of a regenerative farming approach by using cover crops and crop rotation once again.



REGENERATIVE AGRICULTURE ASSOCIATION OF CANADA

ISSUES IN ALTERNATIVE AGRICULTURE

by Yvon St-Jean, U3

Alternative methods in agricultural production are becoming more popular throughout the world (the REAP conference november 1986 is an example of local interest). There are many reasons for the increasing use of these methods such as the current farm economic situation, health concerns and the awareness of environmental problems.

The province of Quebec does not escape these realities. Quebec is at the beginning stage of research on alternatives when compared to Europe, which has many institutions teaching the techniques of agricultural production with minimum environmental impact.

In our province, these methods are being promoted by individuals (farmers and very few agriculturists) and small groups (Mouvement pour l'Agriculture Biologique (MAB) and Ecological Agriculture Project (EAP)).

Quebec teaching institutions are now responding to students' requests for courses. In the past ITAA La Pocatière and Laval University have offered an introductory course on alternatives. This semester Macdonald College is keeping pace and offering such a course to the students.

This course, called "Issues in alternative agriculture" is being organized by the Ecological Agriculture Project and taught by Dr. Stuart Hill, assisted by Ph.D. student Rod McRae.

It is hoped that Macdonald College will take a leading position in developing alternative agriculture in order to provide to graduating students the knowledge required to meet the increasing demand for information coming from producers.

The Coach's Corner

by François Blain

You may have noticed that I didn't write an article last month, for the first time in 2 years of sport coverage. The reason why is that I've decided to restart the weekly format, a format that is more interesting for me to write and I report will be out. So hope, more interesting just check the main bulletin board on the 2nd floor of the M.-S. building for up to date information on the sport scene at Mac. The Week and Game of the concepts, which were very popular last year, will also be back.

WISE VEGETARIAN

by Suzana Vidanovic

The current obsession in Western societies on "healthy" eating habits promotes the consumption of a variety of fresh, wholesome foods which are low in fat, high in fiber and rich in nutrients. Use of red meats, fats and over-processed foods is discouraged. Such dietary concerns have resulted in a fashionable trend towards a vegetarian lifestyle.

Vegetarian eating patterns imply a total or partial restriction of animal products (red meat, fish, poultry, eggs, milk and milk products) within the diet. True vegetarians, or VEGANS, avoids all animal products. The LACTO-VEGETARIAN allows milk and milk products whereas the OVO-VEGETARIAN allows for the consumption of eggs. The most popular vegetarian, the LACTO-OVO-VEGETARIAN, permits the use of milk, milk products and eggs in the daily diets.

By excluding all animal products from the diet, vegans run the greatest risk of suffering from a deficiency in vitamins B12, A, D, riboflavin and niacin as well as the minerals calcium, iron, and zinc. Of all the vegetarian types it is the vegans which must seek professional guidance in planning their meals, and even then supplements in the form of pills, injections or specially-enriched foods may be necessary. Such strict vegetarianism is not recommended by serious professionals, especially for certain groups which have special nutritional needs, which include infants, children, adolescents, and pregnant and lactating women.

The lacto-ovo-vegetarian diet is the most ideal from the nutritional point of view since all the essential nutrients can be provided in adequate amounts. However, this is only possible if the vegetarian is aware of what nutrients are needed by the body daily, where these nutrients may be

found and how to plan well balanced meals using this knowledge.

The Royal Victoria Hospital in Montreal has made lacto-ovo-vegetarian meal planning easy by modifying the Canadian Food Guide to suit the needs of the vegetarian. The daily meal planning guide divides all foods into six groups and specifies the number and size of servings needed each day to meet the daily nutritional requirements.

Adherence to the vegetarian guide can lead to healthy, well balanced and nutritious meals. The wise vegetarian however should be aware of the following:

PROTEIN COMPLEMENTATION

Protein of high biological value are needed to ensure the proper growth and maintenance of the body. High quality protein, as found in animal products, has adequate amounts of all essential elements (in other words is complete). Vegetable proteins are not "complete" because they are low or lacking in at least one of the essential elements. It is possible to complement vegetable proteins so that they will be complete by eating vegetable proteins lacking in one of the essential elements with those lacking in another essential element. Once the concept of complementation in proteins is understood then the complementing pairs can be eaten together or incorporated into recipes. Below are listed some examples.

LEGUMES + SEEDS

(green pea soup with sesame seed crackers)

LEGUMES + GRAINS

(soybean and corn casserole)

LEGUMES + MILK PRODUCTS

(kidney bean and cottage cheese salad)

GRAIN + MILK PRODUCT

(macaroni and cheese)

NUTS + MILK PRODUCTS

(almonds and yogurt)

ZINC

The best sources are shellfish, red meat, legumes and zinc-rich vegetables (bean sprouts, turnip greens, spinach and green peas). Vegetables and cereal grains contain phytic acid, which binds the zinc and as such reduces the bioavailability of zinc. In other words even though intake of zinc may be adequate, the phytic acid may bind the zinc and prevent its absorption. The wise vegetarian thus must make sure that adequate amounts of zinc rich foods are ingested in order to compensate for this effect.

IRON

Meat is a rich source of iron that is readily absorbed by the body. Vegetable and fruit sources of iron are good sources but because the iron within them is less readily absorbed by our own bodies once ingested, the vegetarian must make sure that the net intake of iron is adequate. The best way to ensure this is to eat large amounts of iron rich foods.

CALORIES

Total daily caloric intake has to be adequate in order to ensure proper utilization of nutrients ingested. If the net caloric intake is low then the body will not use the nutrients ingested efficiently and deficiencies may result in one or more of the nutrients needed daily. The vegetarian has to ensure proper caloric intake by eating caloric and nutrient dense foods in the right amounts and proper portions.

SPECIAL CONSIDERATIONS FOR CHILDREN

Calcium levels may be alarmingly low, thus should include recommended levels of milk and milk products and/or fortified

SPECIAL CONSIDERATION FOR ADOLESCENTS

Nutritional status is especially important in order to ensure

mother's health throughout the pregnancy and breast-feeding periods and to allow the fetus to develop normally. The net caloric intake should be increased to allow for a 20-28 pound weight gain. Also extra protein, energy, vitamins and minerals are needed to allow normal fetal growth and production of milk during the lactation phase. Ideally, should drink more milk (4 cups) per day and 5 cups during lactation. Extra folic acid and iron are necessary during these periods and vegetables rich in folic acid should be consumed. Supplements should be necessary for iron.

The continuous challenge of planning an interesting and nutritious adequate diet makes the lacto-ovo vegetarian lifestyle the ideal alternative for today's "healthy" living. Good nutrition thus is no longer a myth but a possibility within the reach of the wise vegetarian.

TIPS TO KEEP IN MIND WHEN PLANNING THE VEGETARIAN DIET

- choose a wide variety of meat substitutes, grains, fruits and legumes.
- cut back on empty calorie foods and instead choose the protein concentrated, calorie dense foods.
- do not rely on cheese alone for protein but choose legumes, seeds, and meat analogues.
- complement your proteins wisely and understand the importance of quality protein. Ingest adequate amounts of high quality protein combinations each day.
- take vitamin supplements and eat fortified foods when necessary.
- make sure that all nutrient needs are met by using the vegetarian food guide.
- be aware of the special needs that children, adolescents, pregnant and lactating women have.
- contact a dietitian if you have any problems in understanding, applying or adhering to a vegetarian life style and eating pattern.